



Photo by L.A. Shively

Chief of Staff of the U.S. Army Gen. George W. Casey Jr speaks to leadership during the Association of the United States Army's 2010 Army Installations Symposium & Exposition.

Casey rolls out plan for 21st Century Army

By L.A. Shively
FSH Public Affairs

Chief of Staff of the U.S. Army Gen. George W. Casey Jr. asked the crowd of about 2000 how they were doing and after a hearty “Hooah” response, he proceeded to tell them how they were doing.

Casey iterated statistics and time lines for the present while laying out a future for Soldiers of the 21st century, unveiling the Installation

Management Command’s campaign plan during the Association of the United States Army’s 2010 Army Installations Symposium & Exposition March 29.

“What you do is so important to the long-term health of this force,” Casey said, adding he wanted to personally deliver the operational context of the plan and stressed leadership focus on change as the Army moves forward.

See **CASEY P8**

Rebalancing through creative sustainability Westphal’s vision for future of Army

By L.A. Shively
FSH Public Affairs

Outlining his vision for the future of the Army, Joseph W. Westphal, under secretary of the Army, framed his message with a focus on creative sustainability for attendees at the March 29 Association of the United States Army’s Installations Symposium and Exposition.

Westphal urged leadership to work aggressively to prioritize base budgeting issues in order to sustain readiness over the next decade; warning of probable declines in troop numbers, deployments and resources.

As a result of 9/11 and the war on terrorism, the Army currently has 1.1 million Soldiers and a budget of over \$250 billion he said.

But he cited recent polls suggesting Americans are more concerned about the economy, health care, spending, the deficit and jobs with terrorism and contingency operations in Iraq and Afghanistan close to the bottom in importance.

“The current economic environment and historic, record-high deficits are a real threat to our national security,” Westphal said.

“As such we are relying on [Installation Management



Photo by L.A. Shively

Joseph W. Westphal, under secretary of the Army

See **WESTPHAL P9**

Celebrating Women

Retired Gen. Ralph Haines addresses the audience at the Army Women's History Month commemoration praising the women who have made it through the ranks in today's Army. "Women are achievers, and if you give them a chance they will rise up to the top level," he said. "I don't think women have yet reached their full potential."



Soldiers dressed in various Army uniforms representing different periods in history stood on the stage as Staff Sgt. Danielle Smith read her poem titled, "Write Me Off," during the Women's History Month commemoration March 30 at Army Community Service.



Col. Dawn Smith, chief of staff, U.S. Army Medical Department Center & School presents retired U.S. Army Reserve Command Sgt. Maj. Sueanne Pierce a framed Women's History Month Proclamation signed by San Antonio Mayor Julian Castro. Pierce was the guest speaker for the post-wide event commemorating women's history March 30 at Army Community Service.

Photos by Lori Newman



Sgt. Ernesto Luque plays drum with Sgt. Rodolfo Furtado on guitar as Spc. Leslie Furtado sings during a ceremony commemorating women's history March 30 at Army Community Service.

BAMC volunteers honored with awards ceremony

By Jen D. Rodriguez
BAMC Public Affairs

The best-of-the-best Brooke Army Medical Center volunteers were honored as outstanding performers during the 2010 Volunteer of the Year Recognition Ceremony March 4 at Army Community Service.

This year, BAMC Volunteer of the Year awardees were Christen Jensen of the BAMC Auxiliary; Roger Hopkins of the American Red Cross; Masae Grutza of the Department of Ministry; Willie Noles of the BAMC Retiree Activities Group; Bob Bomer of the Fisher House; and Joseph Campbell of the Office of Volunteer Services.

The Fisher House earned the Group of the Year.

Whitfield McMillan from the Pharmacy Clinic was honored for 11,000 hours of service.

Guest speaker Col. Thirsa Martinez, deputy chief of Allied Health and the Pharmacy Department, said that BAMC volunteers mean so much to Brooke Army Medical Center in representing "the act of giving back."

"Your passion in serving our military community and the gift of time and caring is magnanimous in our eyes. You do so much for us and today's small recognition is not enough to say the thanks you so truly deserve," she said.

Noles', Hopkins', Jensen's, Campbell's and



Photo by Jen D. Rodriguez

Col. Thirsa Martinez, Deputy Chief of Allied Health and the Pharmacy Department, pins Red Cross Volunteer Whitfield McMillan with his 11,000-hour service pin during the Volunteers of the Year Ceremony. Whitfield volunteers in the Pharmacy Clinic.

Bomer's volunteer packets will go on to compete in the United Way Volunteer of the Year competition in April.

They will also be recognized by Fort Sam Houston as winners of

their organizations at a recognition event on April 15 at the Sam Houston Club.

Noles, 80, who volunteers in the cardi thoracic surgery clinic, said he didn't volunteer to

receive an award, but this was something his wife was responsible for (volunteering). In all honesty, he admits "I work with the greatest folks to do everything to make their jobs easier."

Hopkins added, "I've enjoyed my 50th year in nursing. They're the best years, what an honor it has been to work with you."

Since last year, BRAG volunteers have contributed 38,751 hours equating to more than \$784,000. More than 5,100 patients were transported by volunteers around the hospital. The Kernel Club alone made over \$40,000 in popcorn sales through donations.

Martinez also thanked the volunteers for their determination to make

that difference on a day-to-day basis.

"How many hours a week or a month devoted is not as important as the amount of quality time you spent making our patients, staff and leaders comfortable by having you serve us. You are all rich in spirit and your deeds are high-minded," she said.

"The emotional care with our war mission surrounds us with the best of who you are with a passion in serving our military community. You are our most cheerful giver."

During the ceremony, 81 members received volunteer pins recognizing more than 1,000 hours of volunteer hours served. Twenty-nine people also joined the BRAG that year.

USAMITC cuts ribbon for new IT support center on Fort Sam

By Lori Newman
FSH Public Affairs

The U.S. Army Medical Information Technology Center held a ribbon-cutting ceremony March 25 officially opening the Enterprise Service Desk support center in the newly renovated Building 2272 on post.

USAMITC, a subordinate command of the U.S. Army Medical Command, provides information management and information technology products and services to medical professionals throughout the Army Medical Department, the Military Health System, Department of Defense and other government clients.

Lt. Col. Beverly Beavers, commander, USAMITC, addressed the crowd, "I am so very proud of all the leaders and team members located throughout every division of USAMITC who have contributed to the vision, planning and ultimately the delivery of the Enterprise Service Desk

to all of our MEDCOM customers."

"The success of the ESD is based on our teamwork," she said.

The pilot program for the ESD began at Carl R. Darnall Army Medical Center at Fort Hood, Texas, in 2005 because of their growing population base, increase in wounded warrior patient load and a large managed-care patient load, Beavers explained.

Beavers compared the ESD rollout to an Iditarod race, saying, "It seemed like a very long race going on five full years, but as we head down this last leg of the journey we are looking strong. We have outstanding team members in the fight, we are going to finish and we are going to finish Army Strong."

ESD is a team of 124 technicians who provide IT support to their customers to enhance health care delivery and improve the health of service members and their Families. Technicians assist users

with a broad range of issues, including desktop support, connectively and configuration problems.

The ESD currently services more than 40 military health care facilities and currently supports 52,000 end users around the world. By the end of fiscal year 2010, the number of end users will increase to 71,000.

Herbert Coley, chief of staff to the U.S. Army Medical Command, Office of the Surgeon General was guest speaker for the ceremony.

Coley reflected on how far information technology has come saying, "I thought that I was using a high-tech piece of equipment when I had an IBM Selectric typewriter. I thought I was really high-tech because I had a correction tape on mine."

"Those of you who work in the ESD do a marvelous job keeping us up-and-running," Coley said.

"We measure our down-time at less than one percent. That's just absolutely incredible," he

said. "Of the 70,000 users that we currently have today, 50,000 of them are serviced by our Enterprise Service Desk [here]."

Coley thanked the ESD team, saying, "I cannot emphasize enough the important role you play in keeping us connected to support Soldiers and their Families."

Medical personnel can access the help desk 24/7, 365 days a year.

Customers have four options for submitting requests, via telephone, e-mail, online chat or the Remedy Action Request System through the ESD Web site.

Customers must use a Common Access Card to log onto the Web site.



Photo by Lori Newman

USAMITC Commander Lt. Col. Beverly Beavers and Herbert Coley pose for a photo during the ribbon cutting ceremony for the new Enterprise Service Desk at Fort Sam Houston. As part of the Base Realignment and Closure Act, Building 2272 was renovated to house the ESD. Built in 1909, the building was home to several Army bands and was the U.S. Army Garrison Headquarters until 1990.

GENEROUS GIFT



Photo by Dewey Mitchell

Brooke Army Medical Center's Junior Officer Council presents a check for \$4,200 to Fisher House Manager Inge Godfrey March 23. The organization recently held events including the M.A.S.H Bash on Fort Sam Houston to raise money for the Fisher House Foundation. Presenting the check were (from left) 2nd Lt. Alexander Frei, 1st Lt. Joel Schirding, 2nd Lt. Lola Abu, 2nd Lt. Antoine Williams, 1st Lt. Gwendolyn Godlock and 1st Lt. Jamie Cedola.

HONORABLE SERVICE



Photo by Ed Dixon

Chief Warrant Officer 4 Joseph Kammlah, U.S. Army Reserve Central Command; Chief Warrant Officer 5 Luis Raigosa, U.S. Army Veterinary Command; Chaplain (Col.) Richard Roggia, Installation Management Command-West; Sgt. 1st Class Tracey Draper, U.S. Army Veterinary Command and Sgt. Maj. Gregory Turner, 3rd Infantry Brigade Combat Team were honored March 26 during a combined retirement ceremony at Army Community Service.

BAMC celebrates National Occupational Therapy Month

By Christopher Gills and Lt. Col. Steven Gerardi
Brooke Army Medical Center

To commemorate April as National Occupational Therapy Month, occupational therapy practitioners at Brooke Army Medical Center host an open house from noon to 2 p.m. April 15 at the main occupational therapy clinic in BAMC's medical mall.

Occupational therapy, or OT, is a rehabilitation profession and treatment approach that uses "occupation" or everyday activities to help people engage in activities important to them. OT enables people to live their life to its fullest by helping them to live with illness, injury or disability.

When injury or illness interferes with a person's ability to function, OT practitioners can intervene to reverse the decline in function and improve quality of life. These practitioners work in several settings, since BAMC has five distinct OT sections that specialize in helping people with specific groups of conditions.

Some in OT work in the Institute for Surgical Research, where they care for individuals who have functional deficits resulting from severe burns. These therapists focus on preventing deformities from burn scars, while helping patients function more effectively.

Other occupational therapists work in the

Traumatic Brain Injury Service where they specialize in addressing functional problems associated with the cognitive and behavioral changes in patients with head injuries.

In this setting, a patient may benefit from using an iPhone or other personal assistive device to function better in spite of memory deficits. The

therapist may also teach a range of compensatory strategies for coping with decreased memory and thinking abilities.

Occupational therapists working in the Center for the Intrepid specialize in rehabilitating wounded warriors who have sustained limb amputations or severe limb injuries.

At the Center for the Intrepid, therapists help patients learn to use their prosthetic limbs. Patients may also relearn how to drive in the CFI's driving simulator, which consists of a truck cab with wraparound video screens which virtually projects road conditions created by the therapist. The soldier uses a specially adapted control to operate the vehicle to compensate for lost limbs or other functional disabilities.

The main OT clinic has therapists to specialize in taking care of the needs of patients with orthopedic conditions of



Photo by Jen D. Rodriguez

Occupational therapy student Pfc. Daniel Bell works with Warrior in Transition Spc. Kerry Glennon, to help him regain range of motion in his left wrist and fingers. Glennon had a bone taken from his leg and placed in his arm.

the hands and arms. At this clinic, patients can be seen getting a custom made splint or doing things such as exercises, wood working projects, model building or playing a guitar.

The point of all these activities is to help the patient to function more effectively regardless of their condition or to help their condition heal so they can function more effectively.

Other therapists work in the Warriors in Transition Battalion, where they specialize in the helping wounded warriors reintegrate into work activities.

Occupational therapists in these settings have specialized treatment approaches to meet the distinct needs of the patients they serve. What they have in common is using occupation as their primary treatment, with the goal of helping patients reach their highest functional level in spite of their

medical condition.

Today OT practitioners are helping Wounded Warriors get back to a

productive life, something the profession has done since its creation. Occupational therapy came about in the shadow of the World War I on the premise that engaging patients in meaningful activities had curative value.

OT originally consisted of activities such as woodworking and weaving.

Over the years, OT has evolved and the activities used in practice are reflective of the times. Today,

therapists may use virtual reality or electronic assistive devices rather than wood and yarn. At its core, however, OT is the same. Occupational therapists view occupation as being vital to health and well being and strive to enable patients to live life to its fullest.

For more information about occupational therapy, visit the American Occupational Therapy Association's Web site at <http://www.aota.org>.

(Christopher Gills is an occupational therapist in the Traumatic Brain Injury Service; Lt. Col. Steven M. Gerardi is the Chief, Occupational Therapy Service, Brooke Army Medical Center)



“We need to refine this great Army and I say refine rather than adapt.”
— *Gen. George W. Casey Jr.*

CASEY from P1

He said objectives set in 2007 to rebalance a force stretched from current demands by 2011 were already, or nearly met this year and included supporting strategic objectives in Iraq and Afghanistan; sustaining Soldiers, Families and the civilian workforce; establishing an integrated management system for Army business operations; implementing leadership development; and continuing to transform the Army for an uncertain future.

A first priority for

Army rebalancing was growth said Casey. Originally slated for an increase of 74,000 Soldiers by 2012, with 65,000 on active duty and the rest in the reserve and guard, the objective was met in 2009.

“We’re three years ahead of time and it wasn’t a moment too soon with the plus up in Afghanistan,” Casey said.

Readjusting dwell time – the amount of time Solders spend at home between deployments – was significant for Casey.

“It’s clear to me the most important thing we

can do in the Army to restore balance is increase the time Soldiers are at home; not just so they can spend time with their families – that’s important – but so they can recover themselves.”

Casey cited a scientific study completed last year that concluded Soldier recovery between deployments takes 2-3 years for a one-year deployment. He said 70 percent of the active force will have a two-year dwell time and 80 percent of reserve and guard a four-year dwell by 2011. The remaining force will be included in the schedule by 2012.

“When you see a unit that’s had 18 months at home, it’s light years different than 12 months at home. You can already see the impact,” Casey said.

Planned since 2004, all 300 Army brigades were set to convert to modular organizations as part of rebalancing. Casey said 90 percent are completed; the rest will convert by the end of the year.

“Taken together, modular reorganization and rebalancing is the largest organizational change of the Army since World War II,” he said, “and we’ve done it while we’ve deployed 150,000 Soldiers over and back to Iraq and Afghanistan every year. That’s a lot of moving parts.”

Casey discussed the process of moving 160,000 Soldiers with skills necessary in Cold War, to skills which are more relevant today.

He said the Army has already stood down 200 tank companies, artillery batteries and stood up corresponding numbers of civil affairs, psycholog-

ical operations special forces and military police units.

“We’re about two thirds of the way through that and will be done by the end of the year.”

Casey was positive on Base Realignment and Closure, saying that although 380,000 Soldiers, civilians and Families will be on the move in the next two years, the effort will result in better-quality facilities and an exponential jump in opportunity.

He announced a new rotational model that brought several gasps from members of the audience. Casey said rotational schedules originally drawn up in 2005 were not implemented as a result of demand. But with drawdown in Iraq, he said he is seeing a way ahead and will publish deployment schedules for the next three years in the next 60 days.

Casey also asserted that the Army has fiscal challenges to confront as a result of eight and one-half years of war, but said he can see meeting objectives as set out for this year.

“The money is in the [20]11 budget and it’s a matter of executing now, we’ll be in a much better place at the end this fiscal year than four years ago.”

Consolidate, assess and refine – those are the three things that I see going on over the course of the rest of this year as we build the 2017 program, Casey said.

“We need to refine this great Army and I say refine rather than adapt. We’re in pretty good shape but there are still things we could do differently.”

WESTPHAL from P1

Command] – all of you in this room and its leadership, as well as the entire Army – to closely scrutinize our costs.”

“The best time to deal with budget cuts, spending shortfalls and resetting priorities is now when resources enable us to have options and the pain is lessened,” Westphal recommended.

He said Congressional Budget Office scenarios dealing with the decrease of deployed troops includes \$900 billion less between 2011 and 2020, or, in case of slower reduction in deployment, a budget of \$550 billion in declining funding over the same time frame.

“As you dig into these kinds of planning scenarios, whether it’s Congress, the White

House, looking at polls – if you’re trying to take the pulse of the American people, trying to understand what’s important out there – we have to be serious about addressing our future and not wait until those scenarios come true,” Westphal said.

Adapting the sustainability concept to business and management principles is to be fully aware of costs and benefits of all programs; and within the context of sustaining the environment and natural resources, Westphal encouraged leadership to be good stewards of taxpayer resources, meeting present need without compromising future generations.

“We do this in our personal lives already when we plan for our kids edu-

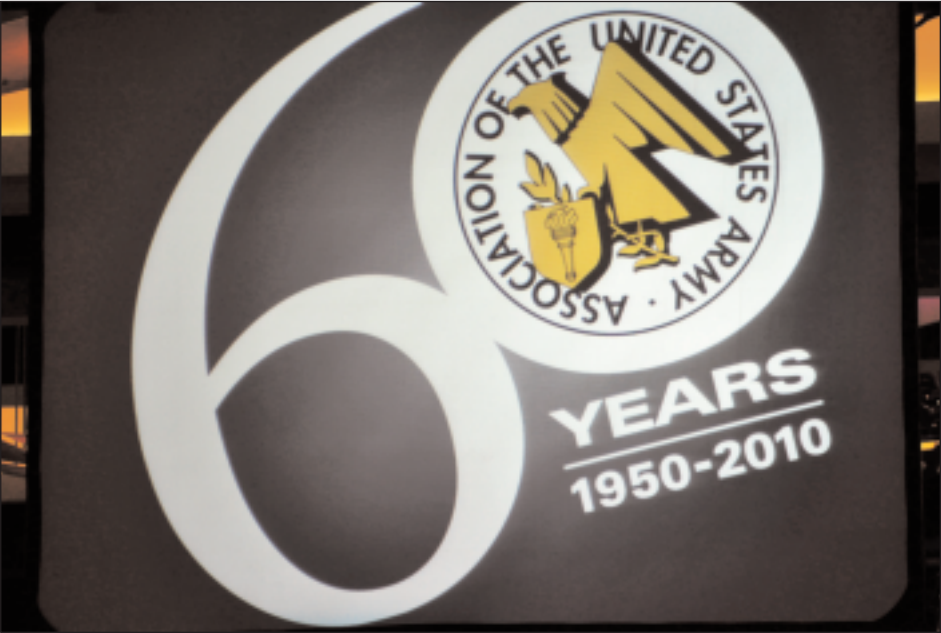
cation, when we plan for vacation or retirement, a new house, or car,” Westphal said.

Westphal also asserted his focus on the importance of investing in people.

“Years of war and stress compounded with economic crisis require us to carefully analyze and assess how we balance the force and manage our priorities on behalf of Soldiers and their Families,” he said.

Westphal said the civilian work force was critical to installations and operations and key to balancing the force through improved business operations, eliminating redundancies and removing ineffective operations with little or no benefit for cost.

“It’s not double talk,” Westphal continued.



“You’re economizing so you can sustain programs most important to Soldiers and their Families into the future. Your ability to do this well will be a function of

how you address the personnel side of your structure.”

Westphal also advised sharing the vision. “We can’t succeed without communicating what

we’re doing inside and outside the office,” he said.

“We have a good story to tell.”

U.S. Census Bureau reps on post in coming weeks

In the next few weeks, Fort Sam Houston residents will see representatives from the U.S. Census Bureau walking through the housing areas, permanent party barracks, camp grounds, and other locations to update the Bureau's address lists in anticipation of sending out a census questionnaire to every home in 2010.

The U.S. Census Bureau representatives will be wearing orange vests with "Census Bureau" written on the vests and also have U.S. Census Bureau badges.

"Census takers must provide their names in advance to our office," said Patricia Baker, housing development specialist for the Residential Communities Initiative office on Fort Sam Houston. "We will provide that information to the police department who will send the information to the guard at each gate. Otherwise, they don't get on the post."

According to the U.S. Census Bureau Web site (<http://2010.census.gov>), the information the census collects helps to determine how more than \$400 billion dollars of federal funding each year is spent on infrastructure and services like hospitals, job training centers, schools, senior centers, emergency services and bridges, tunnels and other-public works.

According to the City of San Antonio Web site (<http://www.sanantonio.gov/census>), as of March



After verifying an address, census workers gave residents a handout about the census and the reasons for the visit.

Photo courtesy U.S. Census Bureau

30, San Antonio's participation rate in the 2010 Census is 37 percent, slightly behind the state rate of 39 percent and the national rate of 48 percent.

Census information affects the numbers of seats each state occupies in the U.S. House of Representatives. People from many walks of life use census data to advocate for causes, rescue disaster victims, prevent diseases, research markets, locate pools of skilled workers and more.

"As for students on post, we won't interrupt their training," Baker said. "We send a spreadsheet to the Army Medical Department Center & School that will gather the information needed. They will be counted, but you won't see any census workers in the student barracks. It's more of a behind-the-scenes operation."

The census was established in 1790, and is required by the U.S. Constitution once every 10 years. It was created to count everyone living in the United States, regardless of immigration status.

The questionnaire will request name, age, sex, date of birth, race, eth-

nicity, relationship to the first name on the form and housing status (whether you rent or own).

Information provided by residents will be based on their households as of April 1, 2010 and will take about 10 minutes to complete. The data collected in the questionnaire is completely confidential.

If every household participates, the country will have accurate data that can be used to appropriately provide services at all levels of government.

Once the population data has been collected, the Census Bureau will provide the data to the President. In March 2011, states receive the population data to redistrict their U.S. House of Representatives districts.

For more information, contact the Residential Communities Initiative office at 221-0891 or visit the U.S. Census Bureau Web site at <http://www.census.gov/2010census> and San Antonio census site at <http://www.sanantonio.gov/census>.

(Source FSH Residential Communities Initiative Office)

ONGOING SUPPORT



Photo by Pvt. Samantha D. Hall

Gen. Freddy Padilla de León, commanding general of the Colombian Military Forces, and Lt. Gen. Ken Keen (left), JTF-Haiti commander, stop to speak with a patient about his recovery. Padilla toured the Columbian Hospital March 25 and then continued his visit with a tour of the UN compound and a helicopter tour of Port-au-Prince, Haiti and its outlying areas.

Fun, fireworks, food celebrate Fiesta heritage, culture

By Amanda Stephenson
MWR Marketing

April in San Antonio means Fiesta, 11-day, city-wide celebration of the heroes of the Alamo and the Battle of San Jacinto, as well as the Alamo City's diverse heritage and rich culture.

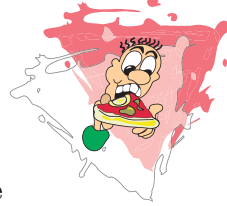
Fort Sam Houston joins in the festivities April 18 hosting the annual Fiesta & Fireworks at the MacArthur Parade Field.

The event has something for the whole family to enjoy. Dozens of entertainment acts are scheduled from country to pop music, from folklorico to line dancing.

Live broadcasts from several area radio stations and a Fiesta Military Salute featuring the Fife and Drum Corps, Soldiers in Parade, Fiesta Royalty and horses.

What's a Fiesta without great food? Munch on carnival favorites such as funnel cakes, roasted corn on the cob, barbeque ribs, kettle corn, hot dogs and

nachos, as well as San Antonio favorites such as fried turkey legs, Frito pie, fajitas and sausages on a stick.



Test your luck – and your appetite – in the Domino's pizza-eating contest.

Got kids? A tent full of crafts and games, a petting zoo, pony rides, carnival rides, face painting, moon bouncers and a visit from the SeaWorld Adventure Team welcomes children of all ages.

Craft vendors, military displays and sponsor tents will be on display throughout the event.

Bring chairs and blankets for the fireworks finale light up the night – but leave the family pets and coolers at home as they are not permitted on post.

Chances to win prizes ensure a well-rounded day of fun.

SCHEDULE OF EVENTS:

Gates open: 1 p.m.

On stage

1:00 to 1:30 p.m. – Recluse Band

1:30 to 2:00 p.m. – Air Force Honor Guard Drill Team

2:30 to 3:30 p.m. – U.S. Army Medical Command "Latino Band"

3:30 to 4:00 p.m. – Ballet Folklorico Del Cielo and Mariachi

4:00 to 4:30 p.m. – Kazamba Dance and Drum Group

5:00 to 5:30 p.m. – DJ Stevie Mac's Dance Machine

Military ceremony at MacArthur Pavilion

5:00 to 5:30 p.m. – Army Medical Command

Band performance

5:30 to 5:50 p.m. – Fife & Drum Corps

6:00 to 6:45 p.m. – Fiesta Salute, Soldiers on Parade

6:45 to 7:15 p.m. – Escaramuza Rosas de Castilla equestrienne drill team

Back on stage

6:45 to 7:45 p.m. – Naval Academy Band

8:00 to 9:00 p.m. – Josh Ward, country singer

9:00 p.m. – Fireworks Extravaganza



VA recognizes ‘presumptive’ illnesses in Iraq, Afghanistan

Take the Dare and Be Aware

Cowboys, cowgirls and chuck wagons ride in to support heroes

Story and Photos by Minnie Jones
Fort Sam Houston Public Affairs

Fort Sam Houston's Cowboys for Heroes celebration marks its fifth year honoring and supporting wounded warriors. The annual event was held March 27 at the Fort Sam Houston Equestrian Center, where wounded warriors and Family members found themselves in a realistic western-looking campground, surrounded by authentic chuck wagons.

Nine chuck wagons, all members of the American Chuck Wagon Association, came to the event, some dating back a hundred years, to cook up some vittles for wounded warriors, Families members and others. There was a wide variety of meals to choose from, including beef shish-kebobs, pinto beans, biscuits, potatoes and peach cobbler. One chuck wagon served homemade ice cream.

Maj. Gen. Reuben Jones, commander, Army Family and Morale, Welfare and Recreation Command, who was on hand to enjoy the celebration, said "It is great to see the outpouring of support for our heroes from the Fort Sam Houston community. But to see them teamed with the local community and private organizations is fantastic."

Throughout the day, the crowd was treated to live music, gunfight reenactments and several activities such as mechanical bull rides, "Muttin Bustin," (bronc-riding sheep) and lasso training for kids. More than 200 wounded warriors and Family members attended the festivities.

One of the highlights of the event was the award-winning Charro, Jimmy Diaz, a skilled Mexican Cowboy, who performed rope tricks and fancy horsemanship on traditional Spanish horses.

"I was very pleased with the turnout, my hope was to double the attendance this year, and I believe we did that. We had lots of Families with lots of kids come out. I loved watching all the kids out there swinging ropes and playing cowboy, and the 'Muttin Bustin' was a big hit again. Lots of good music and chuck wagon grub for everyone. The weather was near perfect, all in all, it is a great day to honor our military Families," said J. Aubrey Lenamon, event coordinator for Chuck Wagons for Christ.

Lenamon went on to say, "It was very humbling to get to talk with those that were in recovery and to see what the horrors of war can do to a person. I am amazed at the positive attitudes, they (wounded warriors) have. I talked to one young lady who had lost a leg. She had such a great attitude that it brought tears to my eyes. She wasn't letting a thing like that slow her down.

That young lady is going to do well in life. That's a testimony of what great work the Army and MWR are doing here at Fort Sam."

Air Force Master Sgt. Jackie Hutson, a wounded Airman from the 59th Medical Support Squadron, inpatient flight, was escorted to the event by his uncle, Lewis Trail from Seattle, said, "The food is great, you could tell that the people here, put their hearts in it. MWR tried really hard, this is a well orchestrated event."

"This is a great community event that demonstrates the strong partnership between FSH and the City of San Antonio. The wounded warriors and their Families really enjoyed the events, crafts, the great western foods, and above all, the warm 'Texas Hospitality' that is unique to San Antonio and how they support the U.S. Armed Forces," said Paul Matthews, director, FMWR.



Wagons at the Cowboys for Heroes event to greeted visitors at the parking lot to give them a ride to the western-like festivities going at the Fort Sam Houston Equestrian Center.



(Above) Charro Jimmy Diaz talks with Maj. Gen. Reuben Jones, commander of Army Family and Morale, Welfare and Recreation Command before his performance. Diaz is a skilled Mexican cowboy who performs rope tricks and fancy horsemanship on traditional Spanish horses.



(Left) Eugene Trooper of the Buffalo Soldiers of Bexar County Association talks with retired veteran James Hoffman about their experiences during the Vietnam War.

ACS shows they care at Deployed Spouse Appreciation

Story by Cheryl Harrison
ACS Marketing

Army Community Service opened its doors to a group of Deployed Spouses for an evening of pizza, movies, popcorn, beverages as well as other fun activities March 26.

Deployed Spouses are the men and women who stand silently behind our Soldiers, sacrificing daily for our freedom and security. From raising children on their own to fearing for their spouses' safety, being married to a member of the Armed Forces is full of challenges. However, as every military spouse will tell you, it is also full of rewards. Serving

our country is an honor, and the community of military Families supports each other like none other.

Brian Dougherty, acting ACS Director said, "The demands on Soldiers and their Families during deployment are not easy. Army Community Service and the Directorate of Family, Morale Welfare and Recreation are working to show our support and sincere appreciation for our Families whose loved one is currently deployed."

The evening's event was simply a time of relaxation. Pizza and sodas were plentiful and the spouses had the opportunity to meet and greet each

other and make new acquaintances.

Special guest Maj. Gen. Reuben Jones, Family, Morale, Welfare and Recreation commander, was on hand to greet the spouses and said to them. "Thank you for coming out. We just want you to have a good time this evening and thank you for your service to the country with your support to your Soldiers."

A movie was shown on the big screen, although the majority preferred to chat and eat pizza without the clamoring of children. Childcare was provided through the Child, Youth & School Services.

Lauren Barr, United Service

Organization volunteer was on hand to help spouses provide "love letters."

The letters were recorded in a room complete with a comfortable wing-back chair and plants to give a homey, warm private spot for spouses to sit and "talk" to their loved one.

The letters were recorded on DVD's and given to spouses with padded envelopes. After completing the letter, the USO then mailed the package.

"I love this. I get so excited on the days I can put on my USO shirt and serve the troops," Barr said.

"That was great. I didn't think I'd cry, but I did when I thought about the camera

being my husband," said April Burkhart.

Spouses sat for portraits with a professional photographer to include with their letters. Scrapbooking supplies were available for creating photo pages.

Lewis Lacy, Mobilization and Deployment program manager said, "We have over 150 deployed spouses right here at Fort Sam. This event is our way of showing them how much we care and appreciate what they do sacrifice during their loved one's deployment."

For more information on upcoming events, call 221-2418/2584.



Photos by Cheryl Harrison

Monet Hart (left) and Casey Avolin enjoyed creating beautiful scrap book pages during the Deployed Spouse Appreciation March 26 held at the Army Community Service Building 2797.



Lorraine Clark, New Parent Support Program lead home visitor explained the program to a deployed spouse March 26 during the Deployed Spouse Appreciation event.

Do you really know what your child is doing online?

By L.A. Shively
FSH Public Affairs

In today's Internet age, social media – blogging, networking through sites such as MySpace or Facebook, chatting online and creating all kinds of digital material – is central to many children's and teens' lives. Teens' efforts at connecting with friends and online acquaintances may put them, Family members and others at risk for Web predation. According to the Pew Internet & American Life Project online report "Teens and Social Media," 93 percent of teens and pre-teens used the Internet regularly in 2007. The report states that more than ever adolescents are using the Web as a venue for social interaction and "a place where they can share creations, tell stories, and interact with others."

The research found that 64 percent of teens, ages 12-17, participated in one or more content-creating activities online in 2007, up from 57 percent of teens in a similar survey at the end of 2004. Online activities include sharing artwork, photos, stories, or videos; as well as creating or working on Web pages or blogs for themselves or others, including those for groups they belong to, or for school assignments. Online sites can be useful when used with adult guidance, but adolescents may innocently post personal information and many are misusing the Internet without parents' knowledge. Results from "Sex and Tech," a survey of teens and young adults conducted by The National



Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com, released December 2008, found that 22 percent of girls and 18 percent of boys have posted nude or semi-nude pictures or video of themselves, and 15 percent of teens say that they posted the photos to friends who they have never met face-to-face.

Common Sense Media, a nonprofit organization tracking adolescents' use of media, commissioned a poll of teens and parents in 2009. According to that survey, teens are more active online than most parents realize. The poll documented 49 percent of parents said their child was 13 or older before using the Internet without supervi-

sion, while 14 percent of teens said they were that old. Twenty-three percent of parents said their children log onto social networking sites like Facebook and MySpace more than once a day, but 51 percent of teens said they check in more often. Just 4 percent of parents think their children check social networking sites more than 10 times a day; while 22 percent of teens said they're online that often or more. When it comes to "sexting," or posting explicit photos, only 2 percent of parents believed their child had posted naked or near-naked photos or videos of themselves or others, but 13 percent of teens admitted they had. These studies show that children need guid-

ance with using online services and protection from Web predators. According to the FBI's "A Parent's Guide to Internet Safety," children can be indirectly victimized through online conversation, or "chat," as well as transfer of sexually explicit information and material. The FBI warns that computer-sex offenders may also be evaluating children they come in contact with online for future face-to-face contact and direct victimization. Parents and children should remember that online offenders can be any age or sex. For more information visit <http://www.fbi.gov/publications/pguide/pguidee.htm>. *(Huicha Park, FAP Educator, contributed)*



Intramural Volleyball Standings		
Final standings as of March 23		
TEAM	W	L
1st Islanders #2	8	0
2nd Islanders #1	4	4
3rd Co. B, 264th Med. Bn.	3	5
4th Islanders #3	3	5
5th 14th MI	2	6

Post Season Basketball Tournament Results
5th Recruiting Brigade beat HHD, 470th MI to win the Post Season Basketball

Tournament held March 15-24. HHD, 470th forced a second game as they beat 5th Recruiting 45-39. In the second game HHD, 470th held the lead until the last two minutes when 5th Recruiting made a run at them and tied the game at the end of regulation sending the game into overtime. In overtime HHD, 470th had the lead but 5th Recruiting starting fouling the other team players to put them at free throw time just to stop the clock. The strategy worked as they missed free throws, which gave the recruiters a chance. With nine seconds left in the game and trailing 62-60, the recruiters inbounded the ball, and went the length of court and scored the winning shot between three players, which lead to the final score, 63-62.

Intramural Spring Flag Football
All individuals possessing a DoD card who are at least 18 years old and not participating in an academic athletic association may participate in intramural sports. Individuals must submit a letter of intent by April 2. For more information, call 221-3003.

Army Emergency Relief Fund Golf Tournament
A golf tournament organized by members of the 470th Military Intelligence Brigade will be held April 8 at the Fort Sam Houston Golf Club. Check-in is at 11:30 a.m. with a 1 p.m. tee-off. Sign up as a four-person team or individually. The cost is \$45 per person, includes greens fee, golf cart rental and AER donation. Fee must be paid in cash the day of the tournament. Registration deadline is April 2. Call 426-7744 or 216-6521.

Signs your child might be at risk:
Large amounts of time online, especially at night
Most children who fall victim to computer-sex offenders spend large amounts of time online, particularly in chat rooms. They may go online after dinner and on the weekends.

Pornography on computer
Sex offenders often supply their victims with pornography as a means of opening discussions, for seduction and to show the child victim that sex between children and adults is "normal." Parents should be conscious of the fact that a child may hide the pornographic files from them.

Phone calls from strangers
Most offenders want to talk to the children on the phone. They often engage in "phone sex" and seek to set up an actual meeting for real sex. Offenders will give out a phone number and with Caller I.D., they can readily find the child's number.

Strange mail, gifts, or packages
As part of the seduction process; it is common for offenders to send letters, photographs, and all manner of gifts to their potential victims. Offenders have even sent plane tickets.

Turns the computer monitor off or quickly changes the screen
A child might behave this way if he or she is looking at pornographic images or having explicit conversations.

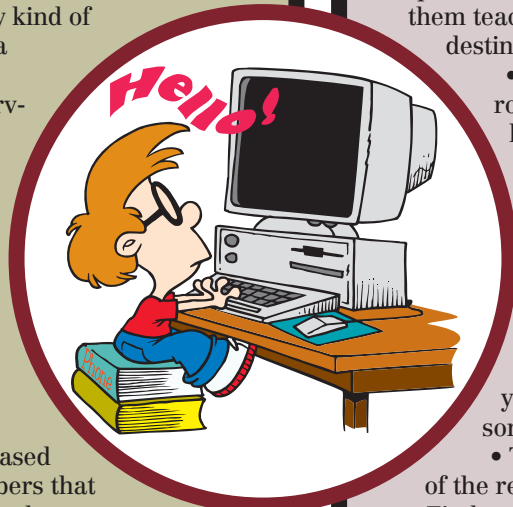
Withdraws from the family
Offenders will accentuate minor problems at home that the child might have. Children may also become withdrawn after victimization.

Using another's account
Your child may meet an offender while online at a friend's house or the library. Offenders will sometimes provide victims with an account for communications with them.

(Source: FBI)

Contact law enforcement if:
• Your child or anyone in the household has received child pornography
• Your child has been sexually solicited by someone
• Your child has received sexually explicit images
• If one of these scenarios occurs, keep the computer turned off in order to preserve any evidence for future law enforcement use. Unless directed to do so by the law enforcement agency, you should not attempt to copy any of the images and/or text found on the computer.
(Source: FBI)

If suspicious communications online:
• Talk openly with your child about your suspicions.
• Review what is on your child's computer. Pornography or any kind of sexual communication is a warning sign.
• Use the Caller I.D. service to determine who is calling your child. Block your number from appearing on someone else's Caller I.D. Reject incoming calls that you block. This feature prevents computer-sex offenders or anyone else from calling your home anonymously.
• Devices can be purchased that show telephone numbers that have been dialed from your home phone. This is done using a numeric-display pager and another phone on the same line as the first with the redial feature.
• Monitor your child's access to all types of live electronic communications (i.e., chat rooms, instant messages, Internet Relay, etc.), and monitor your child's e-mail and regular mail.
(Source: FBI)



Minimize online victimization:
• Communicate, and talk to your child about sexual victimization and potential online danger.
• Spend time with your children online. Have them teach you about their favorite online destinations.
• Keep the computer in a common room in the house, not in your child's bedroom.
• Utilize parental controls provided by your service provider and/or blocking software, but do not totally rely on them.
• Always maintain access to your child's online account and randomly check his/her e-mail as well as U.S. Mail. Be up front with your child about your access and reasons why.
• Teach your child the responsible use of the resources online.
• Find out what computer safeguards are utilized by your child's school, the public library, and at the homes of your child's friends.
• Understand, even if your child was a willing participant in any form of sexual exploitation, that he/she is not at fault and is the victim. The offender always bears the complete responsibility for his or her actions. *(Source: FBI)*

Instruct children:
• Never arrange a face-to-face meeting with someone they met online.
• Never upload pictures of themselves.
• Never give out identifying information such as name, address, school name, or telephone number.
• Never download pictures from an unknown source.
• Never respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing.
• Whatever they are told online may or may not be true.

(Source: FBI)

Easter came early at Fort Sam

Photos by Tiffany Boulez

Child, Youth & School Services hosted its annual Easter Egg Hunt at Dodd Field March 27. Children and parents enjoyed arts and crafts, giveaways, martial arts, dance and magic demonstrations by members of the School of Knowledge, Inspiration, Exploration, and Skills program and photos with the Easter Bunny. Kids hunted for eggs, then cashed them in for candy and gifts, such as certificates to Rainforest Café. Some even got to ride away on new bikes.

The Easter Bunny makes a surprise visit and poses for pictures with Families at the Easter Egg Hunt.

Sierra Tate (left) lends a helping hand to Maranda (right) and her son Kaden Teague, 3, make bunny ears.

Rhiannon Schmidt, 12, shows off her dance skills in a performance. SKIES dance instructor Carol Drayton says that dancing is like dreaming with your feet.

Kids rushed to the San Antonio Silver Stars Fox, the city's basketball team mascot, as he makes a guest appearance.

Cole academians advance to regionals

By Robert Hoffmann
FSHISD

Robert G. Cole High School's 56 member UIL Academic team, competed at the District 27-2A UIL Academic Meet held in Blanco, Texas, March 24 and 25. Placing and those advancing to the regional meet (*) April 23 and 24 at Texas State University, San Marcos, include:

Accounting	5th Place 3rd Team	Ray Sherbourne Ray Sherbourne, Rashad White, Shelby Tallent
Calculator Applications	3rd Place* 3rd Team	Rebecca Lavender Rebecca Lavender, Michael Sees, Savannah Wessies, Jameson Wong
Lincoln Douglas Debate	3rd Place*	Taylor Kane
Mathematics	2nd Place* 3rd Place* 4th Place 2nd Team	Megan Renz Lindsey Wafford Jameson Wong Megan Renz, Lindsey Wafford, Jameson Wong, Amber Wessies Jameson Wong
Number Sense	5th Place	

Science	1st Place* 3rd Place* 1st Biology 2nd Biology 2nd Chemistry 1st Physics 1st Team*	Michael Sees Megan Renz Megan Renz Michael Sees Michael Sees Jameson Wong Michael Sees, Megan Renz, Marlene Renz, Dana Hagan, Tiara Singletary, Jameson Wong
Current Issues and Events	4th Place	Ryan Swan
Ready Writing	2nd Place* 4th Place	Marlene Renz Amber Wessies
Journalism Headline Writing	5th Place	Daniel Ruiz

Cole's UIL faculty advisors are headed by Nancy Hildenburg, and include James Cox (Accounting), Louis Sifuentes (Calculator Applications and Mathematics), Barbara Lien (Lincoln Douglas Debate), Stephanie Goble (Number Sense), Joe Wyckoff (Science), Stacy Bishop (Ready Writing), Christina Baker (Headline Writing), Lori Fuller (Social Studies), Rita Hansen (Spelling/Vocabulary) and Joella Allen (Current Issues and Events).

News Leader survey online
Visit <http://www.samhouston.army.mil/PA0>. For more information, call 221-0615 or 221-2030.

FORT SAM HOUSTON
INDEPENDENT SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES
APRIL 5 - 10

Fort Sam Houston Elementary School

April 5
Second grade class field trip to San Antonio Community College and San Pedro Park, 9:45 a.m.-2 p.m.
Attendance lunch on stage

April 6
8th grade TAKS Math
Middle school play rehearsals fine arts building
Baseball vs Randolph at Cole, 4:30 p.m.

April 7
8th grade TAKS Reading
JV/ Varsity boys and girls District Tennis in Boerne, 8 a.m.
Middle school play rehearsals fine arts building

April 8
JV/Varsity boys and girls District Tennis in Boerne, 8 a.m.
Cole's Tea with the Principal –Smooth Moving in high school conference room, 9 a.m.

April 9
8th grade TAKS LAT Math
Accuplacer Test for senior students in technology building, 8:30-11:30 a.m. and 12:30 p.m.-3:30 p.m.
Varsity Boys and girls track meet at Central Catholic High School, half day finals only
Baseball vs Comfort at Cole, 4:30 p.m.

Robert G. Cole Middle/High School

April 5
Golf District Tournament, TBA



Announcements

Randolph Idol

The singing competition that packed the Randolph clubs last year is scheduled to return in April. Audition night will be held April 1 at 6 p.m. on the Parr O'Club deck where the judges will determine who has the talent to return the following week. The venue for the remainder four Randolph Idol performances April 8, 15, 22, and 29 for the finale, is the Parr O'Club Sky Lounge. Shows begin at 6 p.m. Anyone in the San Antonio military

community with a DoD I.D. card who is 18 years or older, can register to showcase their singing talent and compete for three great prizes: \$1,000/first place, \$500/second place and \$250/third place.

Refuel Your Love for Reading

Join book lovers across Fort Sam Houston and San Antonio for The Big Read, a national program designed to encourage reading and refuel Americans' love for classic literature. As a participating library, the Keith A. Campbell Library will feature "Bless me, Ultima" by Rudolfo Anaya. Visit the library April 3, 11 a.m.-8 p.m. to kick off the month-long celebration. Once you've read the book, check out one of the library's discussion sessions every Thursday: April 8 at 10 a.m., April 15 at 6 p.m., April 22 at 10 a.m. and April 29 at 6 p.m. Call 221-4702.

Calendar of Events

April 1 Child Abuse Awareness and Prevention Month Kick-Off Ceremony

The Family Advocacy Program will host an opening ceremony, 9-10:30 a.m. at Army Community Service, Building 2797. This event will include the reading of the installation proclamation, a puppet presentation of "Kids on the Block," a performance by the Fort Sam Houston Elementary School Children's Choir and the announcement of the winners of the Cole Middle School and High School Art Contest. Refreshments will be served following the ceremony. Call 221-0349

Downtown Walking Tour

A walking tour of downtown San Antonio will depart from Army Community Service, Building 2797, at 8:45 a.m. The tour will include the Riverwalk, La Villita, the Alamo, Market Square and Hemisfair Plaza. A military I.D. card is required. To register, call 221-2418/2705.

Microsoft PowerPoint Level 1

The class will be held 8 a.m.-

noon at Army Community Service, Building 2797 in the computer lab. Some basic computer skills and registration required. To register, call 221-2518.

Mandatory Initial First Termer Financial Readiness

The class will be held 10 a.m.-noon at Army Community Service, Building 2797 in the computer lab. To register, call 221-1612.

April 2 Getting Ready for Childbirth

The class will be held 1-4 p.m. at Army Community Service, Building 2797. Call 221-0349.

Gaming Time

Children, teens and gamers of all ages are invited to play, 4:30 p.m. at the Keith A. Campbell Library. Games such as "Mario Kart," "FIFA Soccer," "Call of Duty" and "Halo" are available on Nintendo Wii, PS3 and XBOX 360. Snacks, soda and juice will be served. Call 221-4702.

April 4 Easter Brunch at the Sam Houston Club

The brunch will be held 10 a.m.-1:30 p.m. at the Sam Houston Club. More than 20 different entrees, sides and dessert options, will be

available. Price per person is \$18.95 for members, \$21.95 for non-members; \$8.95 for children 6 to 11 years old and children 5 and under are free. Call 224-2721 or 226-1663.

April 5 Unit Family Readiness Training

The training will be held 10-11 a.m. at Army Community Service, Building 2797. This training will define the phases of the deployment cycle, identify stresses, and Soldier and Family issues related to deployment. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Active Parenting of Step-Families

The class will be held 11 a.m.-1 p.m. at Army Community Service, Building 2797. This six-part series will discuss the complexity of family relationships. To register, call 221-0349.

Bank Account Management

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Learn how to keep track of account balances, avoid fees, and maintain records. To register, call 221-1612.

April 6 Intro to Computer

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Registration is required. Call 221-2518.

Family Readiness Group Leader's Forum

The forum will be held 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. This training provides FRG Leaders the opportunity to discuss unit issues and share lessons learned in an open forum. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Basics of Breastfeeding

The class will be held 12:30-2 p.m. at Army Community Service,

Building 2797. This class provides current information and tips to make the early days of breastfeeding a positive experience. To register, call 221-0349.

Budget Development

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Learn what a budget is and why it is the key to financial independence. To register, call 221-1612.

April 7 Microsoft Publisher

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Some computer basics and registration required. Call 221-2518.

Bringing Baby Home

The class will be held April 7 and 21, 9 a.m.-12:30 p.m. at the Red Cross, Building 2650. This class will provide information on infant care, safety and more. Dads are welcome and encouraged to attend. Call 221-0349.

Mandatory Initial First Termer Financial Readiness

The class will be held at noon at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Virtual Family Readiness Group Training

The training will be held 2-3 p.m. at Army Community Service, Building 2797. This training provides information on the virtual FRG and the ability to meet the needs of geographically dispersed units and Families. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Sexual Assault Prevention Month Kick-Off Ceremony

A kickoff ceremony will be held 4-5 p.m. at Army Community Service, Building 2797. Ceremony includes the reading and signing of the proclamation, guest speakers, a survivor's story and a candlelight vigil. This event is open to everyone. Call 221-2418.



Free Summer Camp for Military Kids

The National Military Family Association's Operation Purple camps offer a free week of fun for military children with parents who have been, are currently, or will be deployed. Blue Streak Stables in Seguin, will hold a camp for girls July 25-30. For registration information or additional dates visit <http://www.MilitaryFamily.org>.

Summer Youth Program Registration

The San Antonio Parks and Recreation 2010 Summer Youth Program is an affordable, fun and safe program that will run from June 14-Aug. 6; the hours are 7:30 a.m.-5:30 p.m. Monday through Friday. A hot lunch and snack are included as well as an entire day of recreation-themed activities, including games, sports, and arts and crafts. Registration for 40 Summer Youth Program school sites will be held April 10, 8 a.m.-noon at Ramirez Community Center and Woodlawn Gymnasium; and April 17, 8 a.m.-noon at Copernicus Community Center and Ron Darner Parks and Recreation Headquarters. Visit <http://www.sanantonio.gov/parksandrec> for details.

Red Cross Babysitting Classes

Two day courses will be held April 10 and 17 and May 1 and 8, 9 a.m.-4 p.m. at the Red Cross, Building 2650 at the corner of Patch and Harney roads. Cost is \$20, special price for FSH only. To register, call 582-1931.

Award for Excellence Scholarship

The Balanced Scorecard Institute 2010 Award for Excellence Scholarship will be presented to one local non-profit organization and one government agency based in the Triangle in honor of the 2009 Award for Excellence recipients – the National Marrow Donor Program and

the Army Medical Department Center & School. Scholarship recipients can attend the Balanced Scorecard Institute's five-day practitioner professional certification program. The scholarship will cover tuition costs for a chosen course. A 500 words or less essay about how improved strategic planning and performance measurement and management could help them better serve their clients must be e-mailed to br@balancedscorecard.org by April 23. Winners will be announced in June. Call 919-460-8180.

Freedom Alliance Scholarship Fund

Applicants must be the son or daughter of a U.S. Soldier, Sailor, Airman, Marine or guardsman who has been killed or permanently disabled (100 percent VA disability rating) in an operational mission or training accident, or who is currently classified as a Prisoner of War (POW) or Missing in Action (MIA). They must also be a high school senior or registered as a full time undergraduate student and under the age of 26. To apply, call 800-475-6620 or visit <http://www.fascholarship.com/>. Application deadline is July 31.

Susan G. Komen Race for the Cure

To register or support the Fort Sam Houston team participating in the 2010 Susan G. Komen Race for the Cure in San Antonio, May 1 visit <http://www.komensanantonio.org/>.

Calendar of Events

APRIL 3 Easter Festival, Craft Fair

An Easter Festival and Craft Fair will be held April 3, 9 a.m.-2 p.m. at Rolling Oaks Christian Church, 7150 Stahl Rd. The event includes an Easter egg hunt, games, large bounce house, craft fair, barbeque, and live music. Everyone is welcome. Call 654-1744 or visit <http://www.rollingoaksgcc.org/>.

Comfort Easter Walk

The Hill Country Volkssportverein volksmarch club will host a 5k, 10k and 15k walk event April 3 starting at the Comfort Community Park Pavilion, 630 Highway 27, Comfort, Texas. Walks start between 8 a.m. and 1

p.m., finish by 4 p.m. Call 830-995-2421 or visit <http://web.me.com/txtailhead/GG/Comfort.html>.

APRIL 7-8 Teach English as a Second Language Workshop

The Department of Bicultural-Bilingual Studies and Career Services at University of Texas San Antonio will host a free workshop April 7, noon-1:30 p.m. at the UTSA main campus University Building, Room 2.03.06 and 6-7:30 p.m. at the UTSA Downtown Campus, Buena Vista Building – Assembly Room, for anyone interested in teaching English as a second language, either abroad or locally. Call 458-4767.

PPPT Exercise Leaders Course

The Department of Preventive Medicine will host a Pregnancy and Postpartum Physical Training Exercise Leaders Course April 7-8, 8 a.m.-5 p.m. at Dodd Field Chapel. Seats are limited, to register, call 295-2500.

APRIL 10 Fleet Admiral's Texas Barbecue

A barbecue will be held April 10 in the Courtyard of the National Museum of the Pacific War in Fredericksburg, Texas.

Call 830-997-8600 or visit <http://PacificWarMuseum.org>.

APRIL 11 Lowrider Festival

The 28th Annual Lowrider Festival will be held 10 a.m.-10 p.m. at Camargo Park, Highway 90 West and Callaghan exit. Event features flashy cars, classic cars, lowriders and live music. The cost is \$10 for adults, children admitted free. Call 432-1896.

APRIL 15 FSH Preservation Society

The Society for the Preservation of Historic Fort Sam Houston will meet April 15, 11:30 a.m. at the Stilwell House. 626 Infantry Post. The speaker is Capt. R.L. Whynot. He will present "Polar Bears and Glaciers," followed by a mystery subject concerning the Vikings exploration of North America. Call 822-6034.

APRIL 17 Caminada de Fiesta Walk

The Caminada de Fiesta 10K walk will be held April 17 starting at the U.S. Army Medical Department Museum. Walk begins between 7:30 a.m.-noon, finish by 3 p.m. Open to the public. Cost is \$5 if registered before April 10. Call 658-2160.

REMINDER CALENDAR	
April 2	Fort Sam Houston Garrison Blood Drive, 10 a.m.-2 p.m., Akeroyd Blood Donor Center, Building 1240
April 2	Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Course
April 2	Outdoor Movie Night, "G-Force" at sunset, Youth Service Community Park
April 9	32nd Medical Brigade Viva Fiesta Run, 5:15 a.m., MacArthur Parade Field
April 9	Main Resident Center Grand Opening, 11 a.m., Building 407
April 10	Outdoor Movie Night, "Earth," at sunset, main post flagpole
April 11	Holocaust Remembrance Day
April 15	Volunteer of the Year Awards, 10 a.m., Sam Houston Club
April 15-25	San Antonio Fiesta



For Sale: Chrome running boards, fits 2010 Ford F150, \$175. Call 386-6390.

For Sale: Large solid oak wood patio table with four chairs, paid \$950, asking \$475; antique wood bench, 5 feet long, \$75; Oriental carpet runner, 3.5 feet wide by 12 feet long, \$175; 12 foot aluminum ladder, \$65. Call 262-3892.

For Sale: Adjustable, country dining table with four chairs, excellent condition, \$75. Call 269-1475.

For Sale: Oak dining set, oval with four chairs, \$100; Kenmore 80-series washer, white, \$100. Call 666-2455 or 830-330-0444.

For Sale: 18-inch Chevy rims, five holes, like new, \$250 each; large Miller No. 10 stock car pool light, mint condition, \$450 firm. Call 653-3286.

For Sale: Entertainment center, room for multiple components, glass doors, two storage drawers and cabinet with double doors; dark cherry finish, \$99, with analog TV, \$159; 1992 Ford Econoline custom conversion van, sold as-is, electronic rust prevention, new alternator, good tires, \$1,400 cash, firm. Call 659-6741.

Holy Week & Passover Activities

April 1	Holy (Maundy) Thursday (Catholic) Mass of the Lord's Supper, 5:30 p.m., Main Post Chapel 7 p.m., AMEDD Chapel (Protestant) Living Last Supper, 7 p.m., Main Post Chapel
April 2	Jewish Sabbath Passover, 8 p.m., Main Post Chapel; Kosher food following Good Friday (Catholic) Passion, noon, Main Post Chapel Mass, 7 p.m., AMEDD Chapel (Protestant) 7 p.m. Dodd Field Chapel (Catholic) Easter Vigil, 7 p.m., Main Post Chapel
April 3	EASTER
April 4	Sunrise Service, 6:30 a.m., Evans Theater Regularly Scheduled Worship Service Schedule
April 5-6	Jewish Passover
April 6	Jewish YESKOR Memorial Service (Eighth Day of Passover) (call 379-8666 for information)

Rocco Dining Facility Menu Building 2745, Schofield Road

Friday – April 2
Lunch –11 a.m. to 1 p.m.
Southern fried fish, oven roast beef, grilled pork chops, grilled liver and onions, chicken and sausage gumbo, steamed rice, mashed potatoes, baked macaroni and cheese, carrots, hot-spiced applesauce, fried cabbage, black-eyed peas
Dinner – 5 to 7 p.m.
Shrimp stir fry, spaghetti with meat sauce, grilled ham steaks with pineapple sauce, breaded chicken patties, spaghetti with marinara sauce, baked sweet potatoes, steamed rice, hopping John rice, zucchini squash, succotash, baked parmesan tomato halves
Saturday – April 3
Lunch – noon to 1:30 p.m.
Barbecued spareribs, meat loaf, baked chicken, baked egg noodles and cheese, new potatoes, Aztec beans and rice, stewed tomatoes and okra, collard greens, cauliflower combo
Dinner – 5 to 6:30 p.m.
Roast turkey, cheese tortellini, Swedish

meatballs, lemon-herb baked fish, mashed potatoes, brown rice, baked potatoes, Brussels sprouts, peas and carrots
Sunday – April 4
Lunch – noon to 1:30 p.m.
Barbecued chicken, spicy baked fish, cheese ravioli, Salisbury steaks, lyonnaise potatoes, baked potatoes, harvest brown and wild rice, yellow squash, broccoli
Dinner – 5 to 6:30 p.m.
Roast Beef, mushroom quiche, chicken cordon bleu, tuna casserole, parsley buttered potatoes, steamed rice, parmesan cheese and rice, beets, mixed vegetables, turnip greens
Monday – April 5
Lunch – 11 a.m. to 1 p.m.
Chicken tetrazzini, breaded veal steaks, beef stir fry, spaghetti with marinara sauce, barbecued roast pork, baked potatoes, harvest wild and brown rice, garlic-lemon roasted potato wedges, French-fried cauliflower, stewed tomatoes and okra, spinach
Dinner – 5 to 6:30 p.m.

Spaghetti and meatballs, grilled chicken breast, veal parmesan, cheese manicotti, breaded pork fritters, steamed rice, spaghetti noodles, mashed potatoes, green beans, succotash, French-fried eggplant
Tuesday – April 6
Lunch – 11 a.m. to 1 p.m.
Chicken fajitas, Swiss steak with brown gravy, baked ham, vegetarian chili macaroni, honey-glazed Cornish hens, Spanish rice, baked sweet potatoes, au gratin potatoes, pinto beans, Mexican corn, broccoli combo, Calabasita squash
Dinner – 5 to 7 p.m.
Beef enchiladas, cheese enchiladas, beef and bean burritos, roast turkey, fried catfish, refried beans with cheese, cornbread dressing, mashed potatoes, Aztec beans and brown rice, wax beans with pimientos, asparagus, peas and carrots
Wednesday – April 7
Lunch – 11 a.m. to 1 p.m.
Beef stroganoff, baked-stuffed fish, herb-baked chicken, broccoli quiche, barbecued spareribs, rice pilaf, parsley-buttered egg

noodles, lyonnaise potatoes, broccoli, carrots almandine, fried cabbage with bacon
Dinner – 5 to 7 p.m.
Beef yakisoba, Swedish meatballs, baked pork chops, baked sweet Italian sausages, Chinese vegetable egg rolls, mashed potatoes, baked potatoes, baked macaroni and cheese, cauliflower combo, collard greens, summer squash
Thursday – April 8
Lunch – 11 a.m. to 1 p.m.
Pepper steak, fish amandine, Salisbury steaks, chicken and dumplings, vegetable stuffed peppers, barbecued kielbasa sausage, steamed rice, baked sweet potatoes, collard greens, lima beans with tomatoes, vegetable stir fry, collard greens
Dinner – 5 to 7 p.m.
Sweet and sour pork, oven roast beef, breaded chicken patties, potato frittata, baked potatoes, harvest five-grain rice, mashed potatoes, green peas, carrots, Oriental mixed vegetables
Menus are subject to change without notice



Main Post Chapel, Building 2200, 221-2754

Catholic Services:
4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays
Protestant Services - Sundays:
8 a.m. - Collective Protestant
11 a.m. - Collective Protestant
Jewish Services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays
Protestant Services:
10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided
Samoan Protestant Service:
8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>



Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:
8:30 a.m. - Mass - Sundays
11 a.m. - Mass - Sundays
Protestant Services:
10 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:
5:30 p.m. - Coffee and fellowship - Sundays
6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services
Catholic Mass: 8 a.m. - Sundays
Contemporary Protestant Service:
9:30 a.m. and 11:01 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:
8:30 a.m. - Sundays